



APPLE CRUMBLE

Season: Autumn
From the garden: Apples
Type: Dessert
Difficulty: Easy
Country of origin: England
Serves: 8 serves or 25 tastes
Source: Andrea Habacht, GTT kitchen specialist, Oropi School

Equipment

- *apple peeler (optional)
- *chopping board and knife
- *bowls
- *saucepan
- *measuring cup and spoons

- *cooking scales
- *baking dish

Ingredients

- *1,5 kg apples
- * $\frac{1}{4}$ cup sugar (white or brown)
- *1 tsp ground cinnamon
- * $\frac{1}{2}$ tsp ground allspice
- * $\frac{3}{4}$ cup raisins

Topping

- *150 g plain flour
- *150 g rolled oats
- *150 g butter or margarine
- * $\frac{1}{2}$ cup sugar (white or brown)
- *optional toppings: sunflower seeds, shredded coconut

Method

1. pre-heat the oven to 190 degrees and wash the apples

2. if using an apple peeler/corer/slicer gadget, cut through the “slinky” once to get even thin slices of apple. Otherwise peel the apple with a knife or vegetable peeler, remove the core and slice. Apples could also be left unpeeled if preferred.

3. put the apple slices in a saucepan with a little bit of water, the spices and the raisins

4. cook on a low heat for a few minutes, until the apples have softened a little

5. to make the crumble, cut the butter into little pieces (not necessary if using margarine)

6. put flour and butter (margarine) into a bowl and using your fingers, rub the fat into the flour until you have even crumbs

7. mix the sugar and oats into the flour/fat crumbs. Add coconut and seeds if using

8. spread the apples into a baking dish and cover with the crumble

9. put the dish in the oven and bake for around 20 minutes

Notes: Crumble can be made with all sorts of fruit. A combination of apple and rhubarb or apple and black berries is very good.

Skills: measuring, *mixing*, *using a apple peeler/slicer/corer gadget*